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## AND THE OSCAR GOES TO...

JARED LETO WINS FIRST MAJOR OSCAR OF THE NIGHT FOR HIS SUPPORTING ROLE IN DALLAS BUYERS CLUB. FOR MORE OSCAR COVERAGE, GO TO METRONEWS.CA PAGE 11-12

## Pancake Day: Flapjack flipping fundraiser

St. Paul's Cathedral fundraising toward $3M goal to improve social services PAGE 4

## Welcome to ... Murder City?

Western University criminologist Mike Arntfield claims in his new book that London is the serial killer capital of the world PAGE 5

## Ukraine 'on the brink of disaster'

Western Ukraine urges Russia to stand down, outrage over Russia's tactics mount in world capitals PAGE 7

NEWS WORTH SHARING.

# Cops reach out ahead of St. Patrick's Day

**A fine line.** Chief Brad Duncan outlines this year's approach to safety on March 17

MIKE DONACHIE
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It's all about Irish traditions, a good party and maybe even a couple of green beers consumed under a green hat.

But, in London, St. Patrick's Day has another connotation: rioting.

Two years ago, students at Fanshawe College were involved in the now-infamous Fleming Drive riots. That led to a police crackdown on rowdy behaviour by students and, last year, that crackdown led to resentment towards the police and a relaxation of the policy.

Now cops in London are walking a fine line between keeping students on their side and controlling the behaviour that has sparked complaints from other Londoners.

This year, more than ever before, it's about education, said Chief Brad Duncan.

"We're letting people know that there are expectations around behaviour," he said.

"That's what it's all about. It should not just be police-centric."

This week, Duncan and a group of London students will feature in new YouTube videos with a safety message for St. Patrick's Day.

On the St. Pat's weekend itself, there will be a significant police presence in neighbourhoods with a high proportion of students. Like last year, Duncan will be among his officers and posting on social media about where he is and where cops are being deployed. He wants people to choose to behave well, as happened last Halloween.

"I'm saying to those that are off-campus, the ball's in your court now," Duncan said.

The zero-tolerance approach to loud parties, where people were ticketed without warning, is over. Now students will be told to keep it down. If they don't, then there will be a ticket.

But there's still zero tolerance to criminal behaviour, Duncan warned, like public drunkenness or urinating in public.

Back in November, a city hall public-participation meeting heard bitter exchanges from both sides of the community, with residents complaining about student behaviour and students complaining about the police crackdown.

There were also plenty of moderate views expressed, and everybody was clear that working together is the answer.

That's still the message from student leaders, Fanshawe and Western.

Fanshawe corporate communications manager Elaine Gamble said there will be alcohol-free activities offered on campus, including a spaghetti night and movie screenings. Western's students' council is planning events, too.

The college works with the police, city bylaw enforcement staff, the student union and its own campus police to get a positive message to students about being safe and being good neighbours, Gamble said.

At Western, associate vice-president Susan Grindrod also spoke of a collaborative effort with the police, to get the message out to each new crop of students.

"It very clearly has always been an educational process and it's something that we have to do, year after year," she said.

## PLAYOFF PAIN, NO GAIN

**Tony Bennett of the London Lightning drives to the basket during the first game in their best of five Atlantic Conference Semi-Finals versus the Brampton A's in Brampton. The Lightning lost the game 95-87. The next game will be played Wednesday night at Budweiser Gardens. Coverage, page 17.** MARK SPOWART/FOR METRO

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Vehicle sought

## Cyclist found injured on road

A cyclist was taken to hospital in the early hours of Saturday after an apparent hit-and-run in London.

The 26-year-old was found lying in the road at Commissioners Road East, just west of Western Counties Road.

The cops were called and investigated what they believed to be a hit-and-run.

They're looking for a 1998-2003 Dodge Dakota or Dodge Durango.

It will have damage to its front passenger side and will be missing a passenger side view mirror.

Anyone with information is asked to call the police at 519-661-5670. METRO

Dropping temps

## Another wind chill warning issued for London

Environment Canada issued another wind chill warning for Sunday night into Monday morning.

It was predicted to be -30 C overnight.

A statement said: "Temperatures are forecast to drop into the minus 20s overnight and early Monday morning. Light to moderate winds will combine with these cold temperatures to give wind chill values into the minus 30s."

It added the usual warning: "Frostbite (damage, sometimes permanent, to skin and body tissue due to freezing) and hypothermia (a life threatening drop in body temperature) will occur if adequate precautions are not taken when outdoors. These can occur within minutes." METRO

The Grim Reaper on the hunt in a screengrab from Letter Quest: Grimm's Journey. CONTRIBUTED

# Calling all word nerds

**Bacon Bandit Games.** London-made video game proving popular

MIKE DONACHIE
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Sometimes words can hurt, and that's a bad thing.

But for the people behind the video game Letter Quest: Grimm's Journey, damaging words are spelling out their success.

Jake Macher and Mark Smith, who met while working together in London, are the creators of the game, which came out on Feb. 5.

And it's looking good. Soon after its release, the game made it onto the App Store's front page, and its popularity means it's stayed there since.

Jake Macher CONTRIBUTED

"It is a spelling game that's on the App Store and the Android Store," said Macher, 36, who also has a full-time job at Big Viking Games downtown. "It's kind of like a cross between Scrabble and a role-playing game. You use the letters to spell words, and the bigger the word is, the more damage you do to beat up the ghosts in the game.

"As you progress, you are buying items for your character, who's the Grim Reaper, to make him stronger, so that's the role-playing part of it."

It's the first game produced by Bacon Bandit Games, which was formed by the friends six months ago.

Although they worked together at Antic Entertainment in London, Smith, 34, moved home to Winnipeg to be closer to his family.

Looking ahead, they're discussing possible new games, as well as releasing updates to their first one, giving people new ways to play.

S-u-c-c-e-s-s

**100K+**

Number of people playing Letter Quest: Grimm's Journey.

Alphabet soup

**20M+**

Number of words spelled so far.

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Info session

## Program carving students' careers

Parents and students are invited to an information session about Creating Pathways to Success — a new career development program coming to all Ontario schools.

Creating Pathways to Success is a policy for all Ontario schools that involves the implementation of a comprehensive kindergarten-to-Grade 12 education and career/life-planning program.

"The Pathways program engages students in planning for their future and involves them in an ongoing process of self-reflection that emphasizes 21st-century life and employment skills," said Thames Valley District School Board Supt. Don Macpherson.

It is designed to help students achieve their personal goals and become competent, successful and contributing members of society.

"The program also provides support for students and staff to assist with a smooth transition from elementary to secondary school," said Macpherson, who will outline the program along with learning co-ordinator Stephanie Hambides.

"One of the most exciting aspects is the web-based tool, myBlueprint Education Planner, which students from Grade 7 to 12 can use to research education and career options, plan secondary-school courses, create financial plans, build resumes, and much more," said Hambides.

The session will take place today at the Education Centre, 1250 Dundas St., from 6:30 to 7:45 p.m. Email plf@tvpic.ca to register. METRO

Exhibit

## Farm Show returns to city

The 76th annual Farm Show is to offer more than 360 exhibitors and hundreds of products and services, expert guest speakers, and equipment demonstrations this week.

It will take place at the Western Fair District on Wednesday, Thursday and Friday this week.

Tickets are available at westernfairdistrict.com or at the door. METRO

Bette Ferguson and Dan Towers of St. Paul's Social Services hope to bring in money to better support London's most vulnerable. MIKE DONACHIE/METRO

# Cathedral works to keep bread coming in

**Social support.**
St. Paul's ultimate goal is to raise $3 million

MIKE DONACHIE
mike.donachie@metronews.ca

A major undertaking has begun at St. Paul's Cathedral in downtown London.

A pancake fundraiser this week is just a tiny part of a $3-million effort to transform the social services that support thousands of people who are homeless or need other assistance.

"There are 39,500 who come through here in a year, so there are a lot of people that we're serving," said Dan Towers, campaign co-ordinator, in the east wing, where volunteers serve hot lunches to people who need them five days a week. "The services are also increasing every year."

Upstairs in the Daily Bread Food Bank program, 780 families a month are collecting food. That number's increasing, too.

But there are problems. The rooms, though far from bad, aren't the most attractive. There's no privacy to discuss people's needs with them. Crucially, there's a big problem with access across three floors, so an elevator is badly needed. The organization also wants to develop programs to teach people about nutrition.

So the fundraising has begun. Donors are already coming forward and more events are planned.

"This is really the downtown centre where people can go," said Bette Ferguson, the campaign's leadership chair. "We call them guests. A lot of them are in every day."

But even with 170 volunteers, the St. Paul's services need donations, volunteers and other help.

The hope is to redevelop the east wing by the middle of 2016.

**Pancake day**

- Join the hard-working people of St. Paul's Social Services for a fundraising pancake day at the cathedral this Tuesday.
- It's $8 per person, $4 for children under 12 and $20 for families, with lunch from 11:30 a.m. to 1:30 p.m. and dinner from 5 to 7 p.m.
- There will be pancakes, sausages, fruit and beverages, with gluten-free options available.

Health

## Care providers linking up

A new initiative to help patients who need complex care was launched in London on Friday.

The London Health Link offers seniors and others the chance to have personalized care plans. It also promises more co-ordinated care through their various providers.

It's being established in the city by the province, and was applauded by health minister and local MPP Deb Matthews.

"Our health-care professionals are motivated to improve patient care — it's why they got into health care in the first place," said Matthews.

"Health Links are bringing health-care providers together to ensure patients who need care the most don't fall between the cracks, which will result in better care and better value for our health dollars."

Since the program's launch in December 2012, 47 Health Links have been established across Ontario, covering half the province.

Health Links bring together health-care providers in a given geographic area, including primary-care providers, specialists, hospitals, home care, long-term care and community agencies. METRO

Deb Matthews METRO FILE

# Talented duo the latest to be inducted in Music Hall of Fame

This year's London Music Hall of Fame inductees have been revealed.

They were announced by the Jack Richardson Music Awards (JRMA) steering committee as jazz pianist John Noubarian and Garth Hudson, a member of the rock group The Band.

Hudson is best known as a keyboardist and organist who worked with Bob Dylan and Ronnie Hawkins. He was born in Windsor and moved to London in the 1940s.

Noubarian, a Western University alumnus, came to London as a teenager and is still actively performing in the city.

Both will make a special appearance at JRMA 10th Anniversary Weekend on April 12 and 13.

The Jack Richardson Music Awards are London's only grassroots, not-for-profit recognition of musical excellence.

Visit jrma.ca for more information. METRO

Garth Hudson CONTRIBUTED

John Noubarian CONTRIBUTED

# You're living in Murder City, says criminologist

**New book.** Evidence of at least two unknown serial killers in London

MIKE DONACHIE
mike.donachie@metronews.ca

London is the serial killer capital of the world, a Western University expert claims in a shocking new book.

In a revelation that could keep us all awake at night, criminology professor Mike Arntfield, who's also leading a new TV show on OWN, says past London murders point towards unknown serial killers.

Between 1960 and 1985, London had 32 homicide victims, all of them women and children, in cases that indicate serial killers could be involved. The signs — called indicators of criminal paraphilia — include unique signatures shared across incidents.

Of those 32, a total of 13 are attributed to three confirmed multiple murderers: Russell Johnson, the Balcony Killer; Gerald Archer, who was called the Chambermaid Slayer; and Christian MaGee, known as the Mad Slasher.

But, among the remaining 19 killings, there are links, the expert says.

"We've identified a number that suggest the coexistence of two, and possibly three, other (serial killers) at that time," Arntfield said.

At a time when London had 200,000 to 250,000 people, having five or six serial killers was an "extraordinarily high" rate, Arntfield said.

In fact, he says it's the highest rate of any city, based on all the statistics available worldwide. That's based on the relationship between the number of individual serial killers and the total population.

"We have this massive cluster of victims that suggests they were all operating coincidentally," Arntfield said.

But — and this is the big question — why London? The criminologist says it's complicated, but factors include population demographics and London's distances from other cities. Being near the highway is a factor, too.

The full story will be revealed when Arntfield's book is published in the coming months.

Multidisciplinary criminologist Mike Arntfield. MIKE DONACHIE/METRO

**In writing and on TV**

**Mike Arntfield is appearing in To Catch A Killer, on OWN every Saturday night. It sees him lead a team of experts to try to solve cold cases.**

- **Now he has written Murder City: A Social History of the World Capital of Serial Homicide, with Lee Mellor.** They are negotiating with possible publishers.
- **Arntfield has two books coming out this year:** Introduction to Forensic Writing, published by Carswell, and Procedural Writing for Healthcare, published by Broadview.

# London role in domestic homicide site

Deputy Chief Coroner Dr. William Lucas METRO

An important step in stopping domestic homicides across Canada has been taken in London.

Western University researchers, in collaboration with the University of Guelph, have launched a new website full of information on the subject, it was revealed Friday.

The new Canadian Domestic Homicide Prevention Initiative website — cdhpi.ca — is designed for researchers, community organizations and government policy makers.

It features research reports, educational materials and other resources associated with domestic homicide prevention.

The initiative is co-directed by researchers Peter Jaffe at Western University and Myrna Dawson at the University of Guelph and was launched at Western Friday by Dr. William Lucas, Deputy Chief Coroner and chair of Ontario's Domestic Violence Death Review Committee (DVDRC).

"This website will bring together these initiatives to create a national dialogue and foster more information sharing and collaboration across Canada," said Peter Jaffe, Director of the Centre for Research and Education on Violence Against Women and Children, and professor of education at Western.

According to the most recent numbers from Statistics Canada, intimate partner homicide continues to make up the majority of family-related homicides (43 per cent) and women are consistently at greater risk than men, regardless of age group.

"The vast majority of these homicides are predictable and preventable based on the number of risk factors known to professionals, friends, family and co-workers in many of these tragedies," said Dr. Lucas.

The Ontario DVDRC's annual report, released earlier this month, reviewed 20 domestic homicides and found an average of 10 identifiable risk factors present in these cases.

MIKE DONACHIE/METRO

**Colborne Street**

## Man struck by train

A man was taken to hospital Saturday night after he was struck by a train in London.

Police said the 59-year-old was struck at about 6:45 p.m. at the crossing on Colborne Street, near York Street.

Investigations were still under way, but the man was said to have suffered injuries that weren't life-threatening. The man was not named.

The warning lights and crossing arms were working at the time he was injured. METRO

**Central Library**

## Comic Book Jam returns this month

It's almost that time of year again, and they're getting ready for some comic book fun at the library.

Comic Book Jam is back for March break. It's at the Central Library on Wednesday March 12, from 1 to 4 p.m.

As ever, the popular event celebrates comic books and comic book art. There are workshops, button-making, free comic giveaways, a photo booth and more. It also encourages people to come along in costume and is co-sponsored by Heroes Cards & Comics.

Free tickets to workshops on creating comic strips and cartooning will be available in person starting at noon.

MIKE DONACHIE/METRO

**Nature London**

## Talk won't be all doom and gloom

A little cautious optimism for the future is promised in an illustrated talk to take place in London on Tuesday.

Our Native Land and Modern Footprint: Ecological Change Through Time, is to be presented by John Riley, from Nature Conservancy of Canada.

It will tell the story of southwestern Ontario's ever-changing landscape, and include a message of cautious optimism for the future. It happens at 7:30 p.m. at the Central Library's Wolf Performance Hall. Admission is free. METRO

# A Ford ceremony. Toronto mayor goes Hollywood as Kimmel's Oscar-night pal

Toronto's mayor is getting the celebrity treatment on a surprise trip to Los Angeles.

Rob Ford touched down in Tinseltown on Saturday and was greeted by late-night talk show jokester Jimmy Kimmel, who wore a chauffeur's cap and held a sign reading "FORD."

The mayor told reporters he'd "love to" attend the Oscars on Sunday, and will also appear on Kimmel's show on Monday.

When asked if he was taking Ford as his Oscar guest, Kimmel replied "absolutely, wherever he wants to go."

But Ford's brother, Coun. Doug Ford, joined him for the trip and told TV station CP24 on Sunday that Ford won't be taking a seat at the glitzy movie awards but aims to attend Oscar parties, including Kimmel's. He said the California visit is meant to promote Toronto as "Hollywood north."

Rob Ford says that after many requests he finally agreed to be a guest on Kimmel's show because the host personally asked him. THE CANADIAN PRESS

**Justice Canada report**

## Cost of violent crime tops $12B

Violent crimes in Canada come with a huge financial cost, to victims and to the justice system, says a new Justice Canada report.

Five types of violent crimes that occurred in 2009 had an economic impact of $12.7 billion, says the accounting of dozens of factors, from medical care and lost wages to court and social welfare costs.

The study is the department's fourth since 2011 to examine the price tags associated with crime in Canada, all of them focused on the burden placed on victims. THE CANADIAN PRESS

# Ottawa student says she is the victim of campus 'rape culture'

**Apology not enough.** Woman facing legal threats after speaking out against graphic Facebook conversation, whose participants insist was private

A University of Ottawa student union leader says an online conversation among five students in which she was the target of sexually graphic banter shows that "rape culture" is prevalent on Canadian campuses.

Anne-Marie Roy, 24, is going public despite threats of legal action by four of the male students.

Roy — who received a copy of the conversation via an anonymous email — said she felt compelled to speak out, especially since the five were in positions of leadership on campus.

"They should be held accountable for those actions," said Roy, who heads the Student Federation of the University of Ottawa.

The conversation — a copy of which was obtained by The Canadian Press — included references to sexual activities some of the five individuals wrote they would like to engage in with Roy, as well as suggestions that she suffered from sexually transmitted diseases.

Roy said she received an emailed apology from the men, which emphasized that their comments were never actual threats against her, but she felt the apology wasn't enough. She planned to distribute copies of the conversation to the board of administration, which oversees the affairs of the student union, while asking the board to move a motion to "condemn" those involved.

After learning of Roy's plan, four of the five individuals sent her a letter warning her that the conversation was private and that sharing it with others would amount to a violation of their rights. THE CANADIAN PRESS

Anne-Marie Roy, president of the Student Federation of the University of Ottawa, attends a rally in Ottawa on May 1, 2013. Roy is speaking out about an online conversation among five fellow students in which she was the target of sexually graphic banter. BEW POWLESS/THE CANADIAN PRESS

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# West urges Russia to stand down

**Divided loyalties.** While western Ukraine wants closer ties with the EU, its eastern and southern regions look to Russia for support

Unidentified armed men patrol around a Ukraine infantry base in Perevalne, Sunday. Hundreds of armed men in trucks and armoured vehicles surrounded the Ukrainian military base, blocking its soldiers from leaving. The outnumbered Ukrainians placed a tank at the base's gate, leaving the two sides in a tense standoff. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Warning that it was "on the brink of disaster," Ukraine put its military on high alert Sunday and appealed for international help to avoid what it feared was the possibility of an invasion by Russia.

Outrage over Russia's tactics mounted in world capitals, with U.S. Secretary of State John Kerry calling on President Vladimir Putin to pull back from "an incredible act of aggression."

Fearing that Europe's borders were being rewritten by force, world leaders rushed to find a diplomatic solution to the dispute. But there was no denying what had already happened on the ground: Russia captured the Black Sea peninsula on Saturday without firing a shot.

Ukrainian Prime Minister Arseniy Yatsenyuk said there was no reason for Russia to invade Ukraine and warned that "we are on the brink of disaster."

"We believe that our western partners and the entire global community will support the territorial integrity and unity of Ukraine," he said Sunday in Kyiv.

NATO held an emergency meeting in Brussels, Britain's foreign minister flew to Kyiv to support its new government and the U.S., France and Britain debated the possibility of boycotting the next Group of Eight economic summit, being held in June at Sochi, the host of Russia's successful Winter Olympics.

On Sunday evening, the White House issued a joint statement on behalf of the Group of Seven saying they are suspending participation in the planning for the upcoming summit because Russia's advances in the Ukraine violate the "principles and values" on which the G7 and G8 operate.

THE ASSOCIATED PRESS

Soviet-style intervention

## *Baird rules out military response*

Foreign Affairs Minister John Baird is ruling out western military intervention to force Russia to pull its troops out of Ukraine. But he's not ruling out further sanctions, including expelling Russia's ambassador to Canada.

"What we are doing is working together to say in no uncertain terms that this is completely unacceptable and to condemn (it) in the strongest language possible."

On Saturday, Prime Minister Stephen Harper said Canada will boycott preparatory meetings of ministers and officials for the G8 summit, which is supposed to be held in June in Sochi.

THE CANADIAN PRESS

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# Four rules to RRSP game

HOW TO ROLL
Alison Griffiths
metronews.ca

It's today! The RRSP contribution deadline for the 2013 tax year ends at midnight. And here you are, among the more than 75 per cent of eligible Canadians who haven't made an RRSP contribution.

Are you going to let another year pass without capitalizing on just about the only tax deduction for working folk? Or are you going to tiptoe over to that line of credit or take advantage of your friendly bank/broker/financial adviser who can get you some cash by day's end?

Before you sign on the dotted line, here are four RRSP loan rules.

**1. Have a taxable income**
There is no point in borrowing to contribute if it provides no tax advantage to offset the loan costs. Contribute by all means, if it makes sense for retirement planning and to carry the deduction forward to higher earning years. But don't saddle yourself with debt to do so.

**2. Pay it back in one year**
Don't let the fact that the money is going into your RRSP confuse things. It's a debt and must be paid off. With just hours to go, consider this: If you weren't able to save enough during the year for regular contributions, how are you going to pay off the loan over the next year?

If you can't get rid of the debt within the next 12 months, think hard about how you will avoid being pulled into a cycle of debt-contribution-debt for future years.

**3. Direct the tax refund at the loan**
Come tax-refund time there are always demands on those dollars but they should go to pay off the RRSP loan. Without fail, every time I've seen the borrow-to-contribute strategy go off the rails it starts with the failure to use the refund to pay down the loan.

**4. Work on a savings plan**
Let's face it. Failure to contribute to an RRSP means something is wrong with your financial plan. It's time to butt heads with your budget and figure out why your retirement saving is not on track.

## Corruption scandal hits Turkey

**Cars wait for the green light on a main road covered with fake banknotes after members of the main opposition Republican People's Party threw fake euro bills into the air during an anti-government protest denouncing a corruption scandal that has shaken Prime Minister Recep Tayyip Erdogan's government, in Ankara, Turkey on Saturday. Protesters shouted "there's a thief!" as they distributed an amount of 30 million fake bills, a day after five remaining suspects jailed in a vast corruption investigation that has shaken Erdogan's government (including two former ministers' sons and a businessman suspected of bribery and illicit money transfers to Iran) were released on parole pending trial.** BURHAN OZBILICI/THE ASSOCIATED PRESS

## Slave wages? Ha! Gen Y is interning for no wages

Nicholas Smith is a 22-year-old Torontonian, working on his second unpaid internship after graduating from the University of Toronto last year with an ethics degree.

Working without pay for months — and sometimes years — after graduating triumphantly wasn't exactly what Smith and his friends had in mind when they toiled away along the path to what they believed was a bright future.

"I am working with people who've done their master's degrees, and definitely there's an emotional toll in having to work for free," said Smith, whose current unpaid internship is at a Toronto-based think-tank as a foreign policy analyst.

Unpaid internships are on the rise in Canada, with some organizations estimating there are as many as 300,000 people currently working for free at some of the country's biggest, and wealthiest, corporations.

THE CANADIAN PRESS

**Millennial exploitation?**

**"No one is picked up anyway at the end of the internships. It's just exploitation."**

**Nicholas Smith, a 22-year-old unpaid intern,** on marketing companies' use of free interns.

**Recent cases**

Two high-profile examples:

- **Andy Ferguson.** The 22-year-old Alberta practicum student was killed in a head-on collision in 2011 while driving home after working long hours during an unpaid internship at a radio station. His family is pushing for laws to protect unpaid interns from exploitation.
- **Jainna Patel.** In 2012, Patel filed a complaint seeking back wages from Bell Mobility, saying her unpaid internship had no educational value and that she was doing the same work as paid employees. It was rejected by a federal labour inspector. She has appealed.

**CEO insists**

### Apple has 'a ton of stuff going on'

Apple CEO Tim Cook is still trying to convince shareholders that the iPhone maker remains a step ahead in the race to innovate, even though recent performance of Apple's stock lags behind other tech trendsetters.

THE ASSOCIATED PRESS

**24 in 2013**

### Five U.S. bank failures already this year

Regulators have closed small lenders in Virginia and Pennsylvania, bringing U.S. bank failures this year to five after 24 closures in 2013.

THE ASSOCIATED PRESS

**$1.2B package**

### World Bank lends Tunisia a helping hand

The World Bank announced Friday a $1.2 billion US package to support Tunisia's economic reforms and stumbling economy.

THE ASSOCIATED PRESS

# BUDGET PROCESS ISN'T HIGH SCHOOL

URBAN COMPASS

**Todd Devlin**
london@metronews.ca

As budget talks dragged on and on last week, was it any wonder they'd be resolved only at the eleventh hour? Err, sorry, that should be the 50th hour. That's how long city council deliberated over seven days before finalizing the 2014 budget late Thursday night.

Councillors were exhausted, having been at each other for days. The frustration could be seen on their faces throughout the week. Reporters, too, were tired from covering the deliberations, and some were left questioning the sanity of the whole thing. As outside observers to the process, they wondered: Isn't there a better way to do this?

A draft of the budget was made available to councillors at the beginning of December. And yet, there they were, working late into the night all week trying to hammer out a balanced budget. It seemed more like a group of college students cramming for a final or working on a project at the last minute. It also included the same delirium.

How about reducing garbage pickup to once every two weeks? That was a suggestion Coun. Dale Henderson made as the clock moved ever closer to the deadline. You can't make this stuff up, folks. Unfortunately, the handful of last-minute ideas were more harebrained schemes than anything productive.

Finally, in the 50th hour, Mayor Joe Fontana produced a plan that was feasible, drawing from a reserve fund ($1.74 million) and using a refund ($240,000) from the Middlesex-London Health Unit to bring the property tax increase to 2.8 per cent. It's not the zero increase he'd pledged four years ago (nor was the 1.2 per cent increase last year), but it's a more manageable number for councillors to campaign on (it's an election year, don't forget).

Veteran Coun. Joni Baechler, who has said she won't be seeking re-election in the fall, was not pleased with how the last-ditch efforts played out.

"I knew this was going to happen," the Ward 5 councillor said. "Abdication of our responsibility around this table (to find spending cuts) is an understatement."

It's a problem not unique to London. Every councillor has his/her own agenda. Different councillors have different pet projects, and each is of the utmost importance, of course (sometimes political careers are in the balance). But the result in London was a messy budget process that veered far too close to a sideshow than responsible governing.

We tell our students not to wait until the last minute to cram for important finals. Why should it be any different for our councillors in hammering out a city budget? Why can't the outcome be expedited by more preparation prior to the deliberation stage?

I'm not saying it's easy to come up with a city budget. But it's near impossible when councillors are left trying to come up with ideas at 1 a.m. as the deadline looms. Much of the groundwork needs to be laid well before final deliberations.

Preparation is key, and unfortunately it seemed to fall by the wayside in this year's budget process.

Follow Todd Devlin on Twitter @UrbanCompassLdn

## ZOOM

# Nothing funny about Polar Plunge

TASOS KATOPODIS/GETTY IMAGES

### Tonight Show host takes a jump in lake

Jimmy Fallon participates in the Chicago Polar Plunge 2014 into Lake Michigan on Sunday in Chicago.

The Tonight Show host agreed to make the "plunge" with Mayor Rahm Emanuel as a condition for the mayor appearing on Fallon's show in New York, following an exchange of tweets and challenges.

The annual event draws several thousand hearty plungers to raise money for Special Olympics Chicago.

Emanuel said last summer that if the city's children read 2 million books as part of a Chicago Public Library program called Rahm's Readers, he'd jump in the lake. When it appeared that they had met the goal, Emanuel had to do it.

THE ASSOCIATED PRESS

### Challenge prompted by Chicago mayor

When Emanuel heard that Fallon wanted him to appear on the late-night show that he took over in February from longtime host Jay Leno, the mayor called the comedian and challenged him to join in the plunge.

Fallon joked on his show Wednesday that he agreed to make the plunge before realizing what the plunge actually entailed.

He called it a "nightmare" but said he was a "man of my words."

He said Emanuel told him he had to "toughen up" before Emanuel would appear on his show.

The comedian's followers egged him to do it with a #JimmyPlungeWithUs campaign on Twitter.

THE ASSOCIATED PRESS

## Clickbait

DYLAN ROBERTSON
Metro Online

**Scoping out a new hairstyle? Maybe you're travelling soon and don't want to risk any salon miscommunications. Here are some apps that use a face photo to let you try on different hairstyles.**

**ModiFace Hairstyles:**
This app allows women to try out 85 different styles in 20 colours, with photos of popular celebrity looks. (free, iOS)

**Hair Salon:**
This similar app lets women try out a variety of hairstyles. (free, Android)

**Men's Hairstyles:**
See your handsome mug in 240 different styles, including facial hair.
Probably the quickest way to try out a Santa beard or a crew cut. ($0.99, iOS)

CONTRIBUTED

## Twitter

**@metropicks asked: A fire dept is mad b/c a porn site took over their expired URL. What site would you take over and why?**

**@icubedca:** We would take over http://www.cra-arc.gc.ca because we really admire their income.

**@speirsr:** I would take over MetroNews.ca, and then perhaps start a newspaper. (Psst. I lack imagination.)

**@late2game:** Snagged actionlondon.ca which was an astroturfing front for the development industry during the 2010 muni election.

**Follow @metropicks**

## Comments

**RE: Man Wakes Up In Body Bag At Funeral Home, published Feb. 28**

You would think before putting someone in a fricking body bag, you would ensure that they were actually dead. Whoever signed off on this guy's death should be fired and have their licence revoked. **Grrrrrrrrr posted to metronews.ca**

maybe he dropped in for a cold one **CrazySnail posted to metronews.ca**

how many times has this happened and NOT been caught? **BUBBLE WHACK posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**
Send us your comments: londonletters@metronews.ca

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Host Ellen DeGeneres speaks onstage during the Oscars at the Dolby Theatre on Sunday in Hollywood. KEVIN WINTER/GETTY IMAGES

# Ellen takes centre stage at the 86th Academy Awards

**And the Oscar goes to ...** Many categories were considered a foregone conclusion, so all eyes were left on best picture and supporting actress

NED EHRBAR
Metro World News in Hollywood

It looked to be a down-to-the-wire two-horse race at the Academy Awards, with favourites Gravity and 12 Years a Slave facing off for the big prize Sunday night in Hollywood. Alfonso Cuarón's technological marvel was heavily favoured to win the bulk of the technical awards — like its early win for best visual effects — as well as best director for Cuarón, but could it also beat out Steve McQueen's artful examination of America's dark past?

With many of the main categories considered a foregone conclusion after a lengthy awards season that pushed Dallas Buyers Club stars Matthew McConaughey and Jared Leto and Blue Jasmine lead Cate Blanchett to the front of the pack, all eyes were on the few remaining categories left up in the air, including best picture and best supporting actress. In that race, Lupita Nyong'o (12 Years a Slave) and Jennifer Lawrence (American Hustle) were equally as likely to take the prize.

Speaking of Leto, the first-time nominee kicked off the night with an expected win for his portrayal of transgender AIDS patient Rayon in Dallas Buyers Club. Leto honoured his mother while accepting his award. "Thank you for teaching me to dream," he told her from the stage. "To all the dreamers out there watching around the world in places like the Ukraine and Venezuela, I want to say that we are here ... We're thinking of you tonight."

Actor Zac Efron speaks onstage during the Oscars. KEVIN WINTER/GETTY IMAGES

Host Ellen DeGeneres, returning to the job after leading the show in 2007, took the torch from Seth MacFarlane and promised a ceremony with less song-and-dance and less controversy. She kicked off the show in a sparkly blue tuxedo and a joke about the inclement weather in Los Angeles last week. "We're fine," she assured the audience. She also attempted to reassure the nominees that it wasn't about the competition. "Who are we kidding? It's the Hunger Games," she soon admitted. "You're starving, there are cameras everywhere and Jennifer Lawrence won last year."

**Online**

Visit metronews.ca for more Oscar coverage and a full list of winners.

SCENE

John MacKay, former editor of Fashion magazine and pop culture reporter, gives us his picks for Oscar's best-dressed list — and who missed the mark

# Red-hot on the red carpet

**1 Most anticipated dress — that didn't disappoint:** Cate Blanchett in Armani — plus loyalty to an old friend.

**2 Chicest Couple:** Olivia Wilde and Jason Sudeikis, she in black Valentino, he in a midnight blue Prada tuxedo. Good taste, good looks and a pregnancy to boot!

**3 A host outshines the stars:** Ryan Seacrest, hosting E's red carpet coverage wearing an off-white Burberry dinner jacket (he calls it "custard cream") rather than the usual black.

**4 Best red on red:** Jennifer Lawrence on the red carpet in red Christian Dior. Keeping with her Oscar tradition, Lawrence tripped, but recovered the only way this woman knows how: with a laugh.

**5 The one exception:** In a rare misstep, newly blonde Julia Roberts is sadly, surprisingly, dowdy.

**Ebooks**

## Year In Focus 2013

**By.** Getty Images

**Kindle/iBooks**

**MIND THE APP**
Kris Abel
@RealKrisAbel
scene@metronews.ca

Proof that a digital book can hold more photos than paper, this retrospective from Getty Images is a wealth of zoomable slide shows and interactive panoramas that place you at sporting events, concerts, and red carpet galas. Video reports revisit the year's scandals and conflicts while archives and obituaries travel through lives of influence. Every page preserves an extraordinary second.

**Razzies**

## Forget the best, who's the worst in Hollywood?

Has Adam Sandler's dubious dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honours from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his Grown Ups 2 being nominated for nine Razzies. Instead, the top honour went to star-studded sketch-comedy omnibus Movie 43, which won worst director for its 13 directors and worst screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed worst actor for his work alongside dad Will Smith — and worst supporting actor winner — in the sci-fi flop After Earth. The father-son duo also earned a trophy for worst screen combo. And Johnny Depp's disappointing The Lone Ranger was named worst remake, rip-off or sequel, making it the only Oscar-nominated film (for best makeup) to win a Razzie this year.

**NED EHRBAR/MWN**

Mila Kunis and Ashton Kutcher ALL PHOTOS GETTY IMAGES

# Who would have thought? Jackie and Kelso are finally getting hitched

Of all the romantic pairings in '90s Hollywood that might foretell romantic destiny, Jackie and Kelso from That '70s Show were never at the top of anyone's list. However, it turns out they've stood the test of time: Mila Kunis and Ashton Kutcher are engaged. Kunis was spotted shopping sporting a large diamond ring on the big deal finger. Sources have since confirmed to E! Online that she and Kutcher are engaged.

Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012. There are probably any number of reasons for that, not least of which is that when the show began its eight-season run Mila Kunis was only 14 years old, having vaguely misled producers about her age.

However, since he played her love interest, Ashton Kutcher was her first kiss on the show and in real life. And now they're getting married. Somebody make a movie about them. You could probably cover the decade or so in between when she dated Macaulay Culkin and he was married to Demi Moore in a tasteful montage or something, though.

Mary-Kate Olsen

# One twin down, one to go: Mary-Kate is engaged

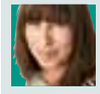
In other engagement news, Mary-Kate Olsen, 27, is reportedly set to marry 44-year-old French banker Olivier Sarkozy after two years of dating, according to Us Weekly. "Mary-Kate's family thinks Olivier is the best thing to happen to her. They love him," a source says. And the feeling's apparently mutual for friends of Sarkozy, who has two children from a previous marriage. "Mary-Kate has made him a better father" to 12-year-old Julien and 10-year-old Margo, another source says. "She remembers all the kids' special events. She thinks he's a great dad."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**Pop goes the week**

## *Crowe, Crowe, Crowe your boat gently toward the Pope...*



STARGAZING
Malene Arpe
scene@metronews.ca

**Russell Crowe has been tweeting the Pope, inviting him to come watch Russell's new movie Noah.** The Pope finally tweets back, "Already know that story, Gladi8r-boy. But really looking forward to Guardians of the Galaxy #rocketraccoon."

**An expert says that the recent proliferation of selfies is leading to a worrying increase in head lice.** See, that's why I don't ever put my head next to someone else and take a picture, not because I don't have any friends.

**Alec Baldwin announces that he's leaving public life for the following reasons:** 1) He's too sensitive to deal with the haters. 2) Everyone in the world doesn't think and behave the way he wants them to think and behave. 3) Too many head lice.

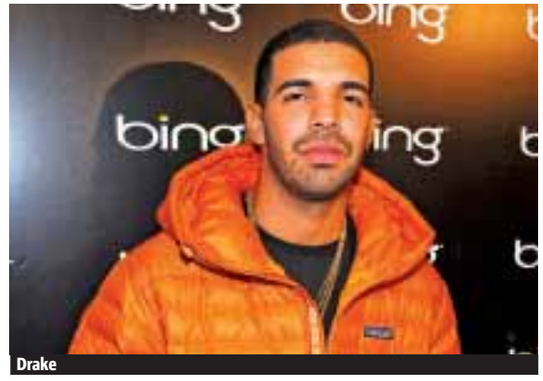
**Paula Deen declared that she's "back in the saddle."** She added, "On a white horse, of course."

**VH1 announces production of a new reality series called Naked Dating.** It's for those who find The Bachelor "too damn snooty."

**Conspiracy theorists attack the video for Katy Perry's Dark Horse as being the most insidious indoctrination tool the Illuminati has ever produced.** After wiping the hot tears from her third eye, Beyoncé immediately fires her video producer.

**Skeet Ulrich will be playing two roles, a zombie and the zombie's priest brother, on an NBC show called Babylon Fields.** But only because the sitcom Slow Dancing, which was about a werewolf family fighting childhood obesity in space, didn't work out.

**David O. Russell says he made Jennifer Lawrence cry by spoiling the ending of Anna Karenina for her while she was reading it.** Way to go throwing Jennifer under the train for being a crybaby.



Drake

# 'Difficult to manage' Drake dropped by PR firm

Drake is quickly earning himself a reputation for being difficult to work with after reportedly being dropped by his public relations firm, according to Page Six. The move was reportedly in response to Drake's outburst over being replaced on the cover of Rolling Stone by the late Philip Seymour Hoffman, and sources tell the Hollywood Reporter that the rapper "has been known to be difficult to manage." Making matters worse, he's apparently taking career advice from a group of friends from Toronto going by the name October's Very Own. "It's a shame that someone with so much talent is surrounded by kids who are burning bridges left and right," a source tells Page Six.

Gavin Rossdale and Gwen Stefani

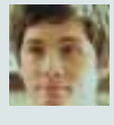
# Gwen and Gavin announce their Apollo landing

Gwen Stefani and husband Gavin Rossdale welcomed their third son on Friday. "Welcome Apollo Bowie Flynn Rossdale," the Bush front man and proud father announced via Twitter, explaining that Bowie and Flynn are he and Stefani's mother's maiden names. Stefani and Rossdale, who have been married for 11 years, are also parents to sons Kingston, 7, and Zuma, 5.

**Twitter**

**@AlbertBrooks**
Rumor has it Dennis Rodman is on his way to Ukraine

**@Louis_Tomlinson**
Dear Mr and Mrs Stone, I'm deeply saddened by your complaint to Chelsea High School regarding our lyrics. I hope the two of you 'get some' very soon



**@LoganLerman**
Believe it or not but all the rain in LA is just a big Paramount pr stunt

LIFE 3

# Use plastic to build credit history

**A credit card can be your friend.** Establish credit-worthy record just by paying off card in full every month

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are under the impression that I hate credit cards. Nothing could be further from the truth. I actually use my credit card for most of my purchases. What I hate is the idea of paying interest. I NEVER buy anything for which I do not already have the money set aside, so the balance is paid off in full every month.

Not having a credit card often means not having a credit history: The file that shows how you are at managing credit. This is something we usually associate with older, widowed women who have been cared for by loving, controlling spouses. But not having a credit history isn't the domain on slightly out-of-touch women; there are men out there who haven't got a clue because their wives do everything. And it isn't the exclusive territory of our elders; there are young professionals who haven't bothered to establish their own credit identities.

Everyone needs to have the ability to borrow money. Regardless of how you use credit, to get it you need to have a history to prove you can use it responsibly. And the fastest, cheapest and easiest way to establish a credit history is with a credit card.

Used wisely, a credit card offers a no-cost way to build your credit file. ISTOCK

**Get a charge out of this**

**With a credit card, you can build a credit record without it costing you a cent.**

If you have no credit history at all — or you've destroyed your credit history and need to rebuild from scratch — you'll need to have sufficient assets to secure your first foray into credit. Most people overlook credit cards as an option because they don't realize a credit card can be secured.

With a secured credit card, you put up cash to cover your balance. Lenders often want twice the credit card limit, so if you want a $500 credit limit you'll have to ante up $1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

Secured or unsecured, a credit card can be the cheapest way to build your credit file. In the old days, you had to take a loan, which you then repaid to establish yourself. All the while the interest clock was ticking. So you were "buying" your credit history. With a credit card, you can build a credit record without it costing you a cent. That's because credit cards let you use the issuer's money for a specific period of time interest free. And as long as you repay the outstanding balance in full every month, you can continue to use that credit at no cost. What a deal!

There are three kinds of credit cards: Travel and entertainment cards (like American Express, Diners Club) which don't have preset spending limits but which must be repaid in full each month. Company or retail store cards that are accepted by the issuing company and usually charge the most outrageous rates. And bank issued credit cards that let you "revolve" credit by paying a portion of your balance each month.

Banks do all kinds of things to get you to sign up for their cards. One of the most effective tools they have are teaser rates: Those low interest rates offered as an enticement for you to sign up for the card that last for a specific period of time. And only for as long as you pay on time. Pay attention to the terms and the expiry period, and make your payments well before the due date so you don't get caught when that low introductory rate skyrockets.

The type of credit consumer you are should dictate the type of card you have. If you find yourself carrying a balance, while you work on getting your balance paid off, search for a card with the lowest rate and transfer your balance to that new card. If you pay off your balance every month, you can go with a card that has higher interest — who cares, you're not paying interest anyway — that also offers features like frequent flier miles, cash back, or special insurance options. Just make sure the payoff is worth the price of the annual fee if there is one.

Credit cards can be invaluable when it comes to establishing a credit history. Get one, charge everything, pay it off — all off — every month, and in no time flat you'll have a credit history that will earn you preferential rates when next you need to borrow money for something important.

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

## Only Some Hospital Parking Can Be Claimed, But Everyone Should File A Return

**Q** I am working part-time while going to college. I didn't earn very much last year. Do I need to file?

**A** Absolutely. I would encourage any college or university student to file. Even if you earned no income, once you turn 19 you may be eligible for the GST/HST benefit. You have to file to receive it but it will be worth it when a little extra money arrives every three months. You must claim your tuition and education credits each year even if you can't use them. You may not benefit from the credits right now, but once you are working and paying tax, the carry forward credits mean a nice tax break. Or you can transfer up to $5,000 in credits to your parents, grandparents or spouse.

**Q** Can you claim hospital parking fees as a medical expense?

**A** It depends. If you have to travel 80km or more, you can claim mileage, and parking as well as accommodations and meals for you and an attendant. But if the hospital is closer to home, the parking fees can't be claimed as a medical expense.

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# The science behind the survivor

**Fight back with facts.**
After battling a rare liver cancer, NYC high-school student applies her computer science skills to analyzing tumours

Elana Simon, a teen survivor of a rare liver cancer, spearheaded a study that led a team of researchers to find a gene flaw involved with the disease. She plans to study computer science at Harvard next fall. ZACH VEILLEUX /THE ASSOCIATED PRESS

First the teenager survived a rare cancer. Then she wanted to study it, spurring a study that helped scientists find a weird gene flaw that might play a role in how the tumour strikes.

Age 18 is quite young to be listed as an author of a study in the prestigious journal Science. But the industrious high school student's efforts are bringing new attention to this mysterious disease.

"It's crazy that I've been able to do this," said Elana Simon of New York City, describing her idea to study the extremely rare form of liver cancer that mostly hits adolescents and young adults.

Making that idea work required a lot of help from real scientists: Her father, who runs a cellular biophysics lab at the Rockefeller University; her surgeon at Memorial Sloan Kettering Cancer Center; and gene specialists at the New York Genome Center.

A second survivor of this cancer, who the journal said didn't want to be identified, also co-authored the study.

Together, the team reported Thursday that they uncovered an oddity: A break in genetic material that left the "head" of one gene fused to the "body" of another.

That results in an abnormal protein that forms inside the tumours but not in normal liver tissue, suggesting it might fuel cancer growth, the researchers wrote. They've found the evidence in all 15 of the tumours tested so far.

It's a small study, and more research is needed to see what this gene flaw really does, cautioned Dr. Sanford Simon, the teen's father and the study's senior author.

Simon was diagnosed at age 12. Surgery is the only effective treatment, and her tumour was caught in time that it worked. But there are few options if the cancer spreads, and Simon knows other patients who weren't so lucky.

A high school internship during her sophomore year let Simon use her computer science skills to help researchers sort data on genetic mutations in a laboratory studying another type of cancer.

Simon wondered, why not try the same approach with the liver cancer she'd survived?

The hurdle: Finding enough tumours to test. Only about 200 people a year worldwide are diagnosed, according to the Fibrolamellar Cancer Foundation, which helped fund the new study. There was no registry that kept tissue samples after surgery.

But Simon's pediatric cancer surgeon, Sloan-Kettering's Dr. Michael LaQuaglia, agreed to help, and Simon spread the word to patient groups. Finally, samples trickled in, and Sanford Simon said his daughter was back on the computer helping to analyze what was different in the tumour cells.

At the collaborating New York Genome Center, which genetically mapped the samples, co-author Nicolas Robine said a program called FusionCatcher ultimately zeroed in on the weird mutation.

Sanford Simon said other researchers then conducted laboratory experiments to show the abnormal protein really is active inside tumour cells. He calls it "an exciting time for kids to go into science," because there's so much they can research via computer.

THE ASSOCIATED PRESS

**Things just got personal**

**The research project prompted by Elana Simon has grown into work to get more patients involved in scientific research.**

- Scientists at the National Institutes of Health are advising the Simons on how to set up a patient registry, and NIH's Office of Rare Diseases Research has posted on its website a YouTube video in which Elana Simon and a fellow survivor explain why it's important get involved.
- "Fibrolamellar Hepatocellular Carcinoma. Not easy to pronounce. Not easily understood," it says.

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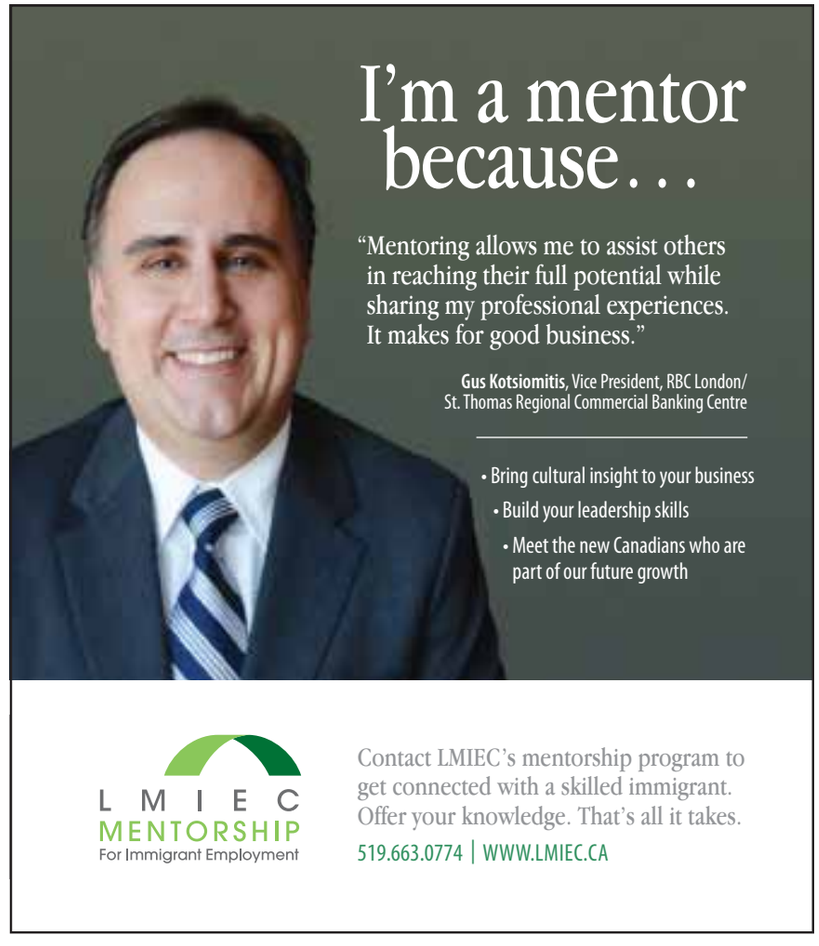
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# Turkey in the slaw: Lean burgers zing with hoisin and a fresh crunch

**FLASH FOOD**

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Turkey burgers are a healthier choice than beef and taste delicious. Feel free to use ground chicken as well.

Consider that 4 ounces of ground beef contains 250 calories, 17 gm of fat and 7 gm of saturated fat. Ground turkey contains only 128 calories, 7 gm of fat and 2 gm of saturated fat for 4 oz.

That's a significant difference to your diet.

You also have a choice of white or dark ground turkey. The dark turkey has slightly more calories and fat but is still lower than beef. Often a combination of both white and dark turkey make a delicious and moist burger.

Turkey is an excellent source of lean protein and contains the amino acid tryptophan, a building block of the brain compound serotonin, which induces better sleep and calmness, something we all need!

The Asian flavors go well with turkey. You can find these ethnic ingredients in the Asian section of supermarkets.

The slaw is prepackaged and found in the lettuce section of your grocery store. Feel free to make your own slaw, by grating some white, red or green cabbage, carrots and broccoli.

No need for a bun, but feel free to serve over a whole grain roll with sliced tomato and an extra dollop of hoisin sauce.

You can make these burgers ahead of time, uncooked and freeze for later use.

The recipe for Asian Turkey Burgers with Slaw Topping recipe makes 4 servings. ROSE REISMAN

## Directions

**1.** Burgers: Mix all ingredients until combined and make four patties.

**2.** Grill patties in a skillet sprayed with vegetable oil for 5 minutes per side or until temperature reaches 165 F.

**3.** While cooking burgers, combine slaw topping. Serve over burgers.

### Ingredients

**Burgers**
- ¼ cup finely diced onion
- 1 lb ground turkey
- ¼ cup panko Japanese crumbs or unseasoned bread crumbs
- 3 tbsp hoisin sauce
- 1 ½ tsp minced ginger
- 1 tsp minced garlic
- 2 tsp soy sauce
- 1 tsp hot sauce (sriracha)
- 1 tsp sesame oil
- 3 tbsp chopped cilantro

**Slaw topping**
- 2 ½ cup packed coleslaw
- 1 tbsp hoisin sauce
- 1 tsp minced ginger
- 1 tsp sesame oil
- ½ tsp hot sauce
- 2 tbsp chopped cilantro
- 1 tsp sesame seeds

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

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Budweiser GARDENS

# Soup shooters pack silky sweet potato with Thai punch, hit of pistachio pesto

### Ingredients

**Thai Sweet Potato Soup**
- 2 tsp vegetable oil
- 1 cup diced onion
- 2 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 2 tbsp finely minced lemon grass or 1 tsp grated lemon zest
- 6 cups diced peeled sweet potatoes
- 3 cups low-sodium chicken stock
- 1 ½ tsp hot chili sauce (sriracha)
- Pinch of salt
- 1 cup light coconut milk
- 1 tsp honey

**Garnish**
- ¼ cup chopped fresh cilantro or basil
- 3 tbsp finely chopped pistachio nuts

**For serving**
12 (4 oz) shot glasses

Shot glass soups are very popular for a starter before dinner or for an appetizer at a party.

Sweet potatoes and light coconut milk make a creamy and rich tasting Thai-flavored soup without the calories and fat.

You can substitute butternut squash for the sweet potato.

## Directions

**1.** Lightly coat a large nonstick pot with cooking spray. Add the oil and set over medium heat. Sauté the onion, garlic and ginger in the pot for 5 minutes or until the onions are just softened.

**2.** Add the lemon grass, sweet potatoes, stock, chili sauce and salt. Bring to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes or until the potatoes are tender.

**3.** Purée the soup in a blender or food processor in batches. Return the soup to the saucepan and add the coconut milk and honey. Heat through. Serve the soup in shot glasses and garnish with cilantro and nuts.

**Cooking time:** 20 minutes

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Spring training

## Tigers, Braves sputter to scoreless draw

Detroit's Anibal Sanchez allowed one hit in two scoreless innings Sunday in a game that eventually ended in a 0-0, 10-inning tie between the Tigers and an Atlanta Braves split squad.

Sanchez was the American League's ERA leader last year, and he struck out 17 against Atlanta in an electrifying April outing. The Braves struck out only once this time in Sanchez's abbreviated start.

THE ASSOCIATED PRESS

NHL

## LaFontaine joins Buffalo exodus

First, Ryan Miller. Then, Pat LaFontaine.

A day after trading their star goalie to St. Louis, the Buffalo Sabres lost another face of their franchise after LaFontaine abruptly resigned as president of hockey operations on Saturday a little more than three months after being brought in to provide a new direction to the NHL's last-place team.

THE ASSOCIATED PRESS

Ryan Miller collects his thoughts at a press conference announcing his trade on Friday in Buffalo.

THE ASSOCIATED PRESS

# Lightning's 'A' game not enough in Game 1

**NBL Canada playoffs.** London will face uphill battle in Round 1, but GM Bowden 'satisfied' with losing effort in Brampton

MARK SPOWART
For Metro

The London Lightning opened their 2014 playoff run in Brampton on Sunday by losing to the A's 95-87.

It was a gritty, tight, physical game that went right down to the final buzzer.

The Lightning spotted Brampton a 10-point lead after the first quarter, and fought hard to make it up all game. London finally caught the A's halfway through the third quarter, but were never able to extend any sort of lead.

"Yeah, it was a tight game," said DeAnthony Bowden, assistant general manager. "They came out aggressive as we thought, they are well coached, but to be honest with you, I am satisfied with the game. The guys fought and played hard."

Brampton outscored London in all but one quarter, the second when the Lightning clamped down on defence.

"We held them to 14 points in the second, and that is key. We play that tight defence that we know how to play," said Bowden.

It was a challenging regular season for the Lightning.

Stephen McDowell of the London Lightning controls the play in the second half of the opener of their best-of-five Eastern Conference semifinal. London dropped a close, gritty game to the Brampton A's. MARK SPOWART/FOR METRO

Game 1

| A's | Lightning |
|---|---|
| 95 | 87 |

After two years of dominating the league and winning back-to-back championships, the team has yet to rise to that level in 2013-2014.

The Lightning ended the regular season in third place in the Atlantic conference behind the Windsor Express and Brampton A's.

Bowden knows what needs to be done after dropping the opener in the best-of-five with Brampton.

"We know how to play them," he said. "It just got away from us a little. We make a couple of free throws or a couple of easy buckets and we win this game. All in all I think we will be fine."

The series now switches to London, with Game 2 Wednesday at Budweiser Gardens.

"We are looking forward to playing at home. We'll see them in London," said Bowden.

# Now you Ceci me! Sens win under dome

Ottawa Senators defenceman Cody Ceci scored the game-winning goal against the Canucks in the Heritage Classic on Sunday at BC Place Stadium in Vancouver.

JONATHAN HAYWARD/THE CANADIAN PRESS

Cody Ceci's second-period goal stood up as the winner as the Ottawa Senators downed the Vancouver Canucks 4-2 before a disappointed crowd of more than 50,000 people Sunday in the NHL Heritage Classic.

The Senators (27-23-11) posted their first win in three games and kept pace in the race for the eighth and final playoff berth in the Eastern Conference. The Canucks (28-25-10) suffered their ninth loss in 10 games and remained on the bubble in their quest for eighth in the Western Conference.

Heritage Classic

| Senators | Canucks |
|---|---|
| 4 | 2 |

Clarke MacArthur, Erik Karlsson and Colin Greening, into an empty-net with 1:33 left in the game, also scored for Ottawa.

Ceci put the Senators ahead 3-2 midway through the second. He took a pass from Jason Spezza and fired home a shot from right wing during a three-on-two breakaway.

Ottawa overcame an early 2-0 first-period deficit with four unanswered goals.

The Canucks lost winger Daniel Sedin in the second period after he took an elbow to the head from Ottawa defenceman Marc Methot. No penalty was called on the play.

THE CANADIAN PRESS

4 SPORTS

## MLB. Bronx Bombers live up to moniker against division rival Blue Jays

Carlos Beltran homered for his first hit this spring, leading the New York Yankees past the Toronto Blue Jays 8-2 on Sunday.

Jose Bautista hit his second homer in exhibition play for the Blue Jays.

Beltran's solo home run came in the third off reliever Todd Redmond and landed far over the right-field fence. It capped a four-run inning that included a two-run homer by Eduardo Nunez.

Beltran signed a three-year, $45-million contract with the Yankees in the off-season. He batted .296 with 24 homers and 84 RBIs with the St. Louis Cardinals last year.

"You want to see guys swinging the bat well, obviously, but it's really important at the end," Yankees manager Joe Girardi said.

"It doesn't really matter sometimes. You can be swinging the bat horrible at the end of spring training and get off to a hot start and vice versa. But it's always nice to see."

THE ASSOCIATED PRESS

Jose Bautista hits a solo home run for the Blue Jays against the Yankees on Sunday in Dunedin, Fla. FRANK GUNN/THE CANADIAN PRESS

## PGA. Henley emerges from four-man playoff to win Honda Classic

Russell Henley made good on his second chance at the 18th hole Sunday and won the Honda Classic in a four-man playoff.

The closing hour was a series of blunders at PGA National, particularly by Rory McIlroy, who lost a two-shot lead by closing with a 74.

Henley was in position to win in regulation until he chunked a wedge and had to scramble for par on the par-5 18th. In the playoff, he was the only player to reach the green in two and two-putted for birdie and the win.

Russell Knox, Ryan Palmer and McIlroy all made par in the playoff.

Henley, who closed with a 72, won for the second time and qualified for the Masters.

THE ASSOCIATED PRESS

**Tiger bows out**

**13**

Tiger Woods withdrew after 13 holes Sunday, citing a lower-back injury. Woods was 5-over par for the final round — 12 shots behind leader Rory McIlroy at the time.

NBA

### DeRozan outduels Warriors' Curry

DeMar DeRozan scored 32 points to lead the Toronto Raptors past the Golden State Warriors 104-98 on Sunday afternoon.

Kyle Lowry added 13 points and eight assists for Toronto (33-26).

DeRozan won the efficiency battle against Golden States' Stephen Curry. While Curry finished with 34 points on 13-for-27 shooting, DeRozan shot 10-for-16 from the floor and 11-for-12 from the line.

THE CANADIAN PRESS

NFL

### Bills' contract talks with Byrd stuck in standstill

Contract talks between the Bills and safety Jairus Byrd were at a standstill on Sunday, a day before Buffalo faces a deadline to apply the franchise tag on the three-time Pro Bowl selection.

One familiar with the situation told The Associated Press the Bills made a multi-year offer to Byrd that would have paid him about $30 million over the contract's first three seasons.

THE ASSOCIATED PRESS

# Stolarz's comeback spoiled by Petes

**OHL.** Knights' No. 1 goalie solid in first game since suffering a 55-stitch cut to the leg in mid-January

DAVE LANGFORD
dave.langford@metronews.ca

It was his first game action in 44 days.

He faced his first shot less than two minutes into the game, his first slapshot shot off the mask on the next one and then he gave his first goal soon after the 10-minute mark in the opening period.

But for London Knights goaltender Anthony Stolarz, the only important statistic would have been his first victory since being sidelined with an ugly 55-stitch cut to his leg Jan. 17.

Despite stopping 29 of 31 shots, Stolarz and the Knights were defeated 3-1 by the Peterborough Petes before 9,046 fans at Budweiser Gardens on Sunday afternoon.

It ended a nine-game winning streak for the Knights, who have now won 15 of their past 17 games.

The start by Stolarz also ended Jake Patterson's streak of starting 17 straight games in the London goal.

Even in defeat Stolarz was pleased with his first start after more than six weeks on the sidelines.

"I thought early on I had a few jitters just getting back and not knowing what to expect, but once I started getting a couple of shots I got back into a bit of groove and from then on I improved as the game went on and thought my leg felt strong," Stolarz said.

He dressed as the backup to Patterson on Friday.

Knights assistant coach Dylan Hunter said Stolarz played well in his first game back.

"It's tough for a player, but it's way tougher for a goalie to get your rhythm back and the shots and seeing through screens," Hunter said.

"You can try and mimic it as much as you can at practice but it's really not the same. I thought he tracked really well. He took one off the bean early to get into the game!"

Jonatan Tanus, Anthony Stefano and Nick Ritchie, into the empty net, scored for the Petes, who led 1-0 after one and 2-0 after the second. Petes goalie Andree D'Agostini stopped 41 of 42 shots.

Bo Horvat scored the only goal for the Knights late in the third.

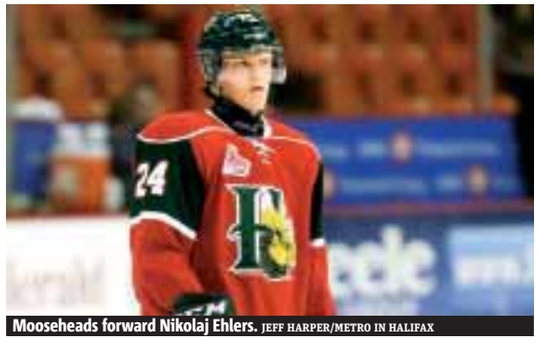
The Knights play again Thursday night at home against West Division-leading Sault Ste. Marie Greyhounds at 7 p.m.

The Knights' Michael McCarron hammers Greg Betzold of the Petes into the boards on Sunday at Budweiser Gardens. ANGELA MULLINS/METRO

**Quoted**

**"You can try and mimic it as much as you can at practice but it's really not the same."**

**Knights assistant coach Dylan Hunter** explains there is nothing quite like game action for a goalie. Anthony Stolarz had not played in a game in 44 days, but Hunter thought he fared well.



Mooseheads forward Nikolaj Ehlers. JEFF HARPER/METRO IN HALIFAX

# Ehlers collects more hats in Moose win

Nikolaj Ehlers registered a hat trick for the second straight game as the Halifax Mooseheads beat the Moncton Wildcats for its seventh straight win on Saturday night.

Philippe Gadoury and Matt Murphy also scored for the Mooseheads (41-18-3) while Jonathan Drouin and Brent Andrews each had three assists in the QMJHL tilt.

Will Smith and Ivan Barbashev responded for Moncton (30-30-3), which is on a five-game skid.

Zachary Fucale turned away 34 shots for Halifax as Alex Dubeau made 28 saves for the Wildcats. THE CANADIAN PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
The Sun links with power planet Pluto today, so it's unlikely you will be in the mood to stay home and bake cookies. There is a world out there and you have the talent to be Number One.

### ♉ Taurus
**April 21 - May 21**
If you take a risk over the next 24 hours it will more than likely pay off. No matter how powerful your rivals may be you have what they do not – staying power and no fear.

### ♊ Gemini
**May 22 - June 21**
No matter what you turn your hand to over the next few days it will work out better than you expected. You are going to accomplish something special indeed.

### ♋ Cancer
**June 22 - July 23**
Never doubt that you have what it takes to succeed. Never doubt that you belong at the top with the best. Today's Sun-Pluto link will inspire you to believe all things are possible.

### ♌ Leo
**July 24 - Aug. 23**
The week ahead will be busy in the extreme but you're ready for the challenges that will come your way – in fact you're eager for them. Don't wait for others to take the lead, take it yourself.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You may have to get tough with someone who has let you down but make sure you don't let your anger take over because if you go too far you will lose your credibility.

### ♎ Libra
**Sept. 24 - Oct. 23**
You won't stop impressing people with your ideas, both at home and at work others will look up to you as the one person they can trust to see things as they really are.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
How much confidence do you have in your abilities? Hopefully it's a lot because with the Sun linked to your ruler Pluto there are going to be some big changes coming.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Some things are more difficult than others but this will be one of those days when everything comes easy to you. With the Sun linked to Pluto, planet of power, there is nothing you cannot do.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Don't let your suspicious nature get the better of you today because there is little you have to worry about. Pluto in your sign means others should be more afraid of you than you of them.

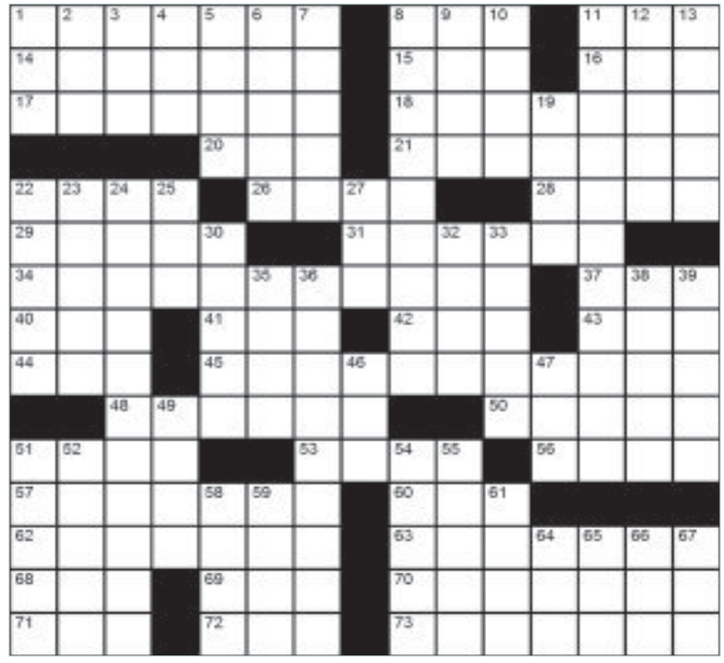
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Remember today that even an Aquarius has limits. It may feel as if you can take on the world and win but there may be a downside if you come on strong when you don't have to.

### ♓ Pisces
**Feb. 20 - March 20**
The world will see your passionate side today and even your friends will be amazed at your determination. Those who thought you were all talk are about to be proved wrong. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



**Across**
1. Pharaoh's pride
8. Nancy Grace's station
11. Canada's dance music channel
14. Escape legend
15. Storm's centre
16. Can. neighbour
17. Spring Training locale for the Toronto Blue Jays
18. Gobbled down the food
20. 'Senor' suffix
21. __-__ protester (Fashion show attendee, at times)
22. Sovereign's staff
26. Ex-love of Britney's ex-love Kevin
28. Built
29. Jim Croce's "_ __ _ Name"
31. Hertz pickup
34. Canadian correspondent on "The Daily Show with Jon Stewart": 2 wds.
37. Against [abbr.]
40. Sun lotion number
41. Never: German
42. 'Carot' completer
43. Scot's 'own'
44. Royal officer, for short
45. Great alum of "American Idol": 2 wds.
48. Yellow-green hue
50. Deliver the summons
51. Mr. Garfunkel, Heather __
53. Look for
56. Australian greeting!
57. Make mention of: 2 wds.
60. Jewellery sparkler
62. Canadian artist Mr. MacDonald (b.1901 - d.1989)
63. Indigo CEO, cute-style
68. Tic-Tac-Toe win
69. Fitting
70. Closed-off area
71. Brit. word/reference work
72. __-di-dah
73. Riot spray: 2 wds.

**Down**
1. High degree
2. "__, too?!?"
3. Bleed
4. 'Block' suffix
5. Skirt length
6. Monogram components, for short
7. Showbiz personality Ms. Shore
8. 1962 Crystals hit: 3 wds.
9. Ms. Redgrave
10. Organized
11. Old West sight: 2 wds.
12. Pretension person
13. Mother, in Madrid
19. Terza __ (Italian verse form)
22. Grammy-winning artist, __ Elliott
23. Awestruck
24. Mashed potatoes, as an example: 2 wds.
25. Greek letter
27. The Altar constellation
30. Ms. Paquin's
32. "99 Luftballons" by __
33. Overbrims
35. Clothes-washing brand
36. What many Canadians do at Spring Break: 2 wds.
38. PEI's motto, __ sub Ingenti
39. Rocker Mr. Wentz, fun-style
46. Li'l Abner character, Daisy __
47. Say "Pretty, please!"
49. Glaring glancer
51. Spelled-out "Star Wars" (1977) character, __-Detoo
52. Use a garden shed tool once more
54. Type of heron
55. Carolyn __ (Name behind 'Nancy Drew' stories)
58. Tangible
59. Bark-made cloth
61. Isinglass
64. 35mm camera variety, briefly
65. Maclean's, e.g.
66. Marilu's role on '90s comedy "Evening Shade"
67. Belonging to maha's li'l state

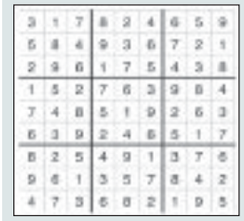
### Friday's Crossword

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | 6 | | | 7 | | | 1 |
| | 7 | 5 | 3 | | | 9 | 4 | |
| 2 | | | | 9 | | 5 | | |
| | | | | 3 | 1 | 2 | 5 | |
| | | | 2 | | 9 | | | |
| | 9 | 2 | 4 | 5 | | | | |
| | | 4 | | 2 | | | | 8 |
| | 5 | 3 | | | 4 | 6 | 9 | |
| 7 | | | 8 | | | 4 | 1 | 5 |

### Friday's Sudoku



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